

MIAMI SPRINGS SENIOR CENTER

SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.–12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.
- **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Lorea, the program's consulting Registered Dietician or the Elderly Services Director.
- **HEALTH SUPPORT ACTIVITIES:** All students must be registered in the senior center's congregate meal program to participate in the following:
- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00–10:00 a.m.
Classes are held at the Senior Center.
- **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 –11:00 a.m.
Classes are held at the Senior Center.
- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 –11:00 a.m.
Classes are held at the Curtiss Mansion.
- **LEG STRETCHING & STRENGTHENING**
Fridays.....9:00 –10:00 a.m.
BALANCE & CORE WORKOUT
Fridays.....10:00 –11:00 a.m.
(Instructor: Natasha Salmon-Cogno)
Class is held at the Senior Center.
- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30–1:30 p.m.
Classes are held at the Aquatic Center.
- **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping. Field trips are planned each month.
- **RECREATION: Art Classes-** Starting February 1. Art classes will be offered every Friday with Natasha Salmon Congo from 12:30-2:30pm @ the Senior Center. **Recreational and social activities planned for February include:** Bingo games (2/4, 2/11, 2/18 & 2/25); monthly birthday and anniversary celebration (2/21); field trip to Fairchild Garden 2/6, Wal-Mart 2/7, Sabor (2/15), and Fresco Y Mas (2/21), Publix 2/28.

Upcoming Programs:

Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. The following topics are currently scheduled for February::

•**FREE, in-person TAX COUNSELING and PREPARATION ASSISTANCE** for the 2018 tax returns will be offered again this year by AARP Foundation Tax-Aide volunteers to all taxpayers. AARP Tax-Aide Foundation Counselors will be available, **by appointment only, every Tuesday afternoon from February 5th through April 9th** at the City of Miami Springs Senior Center, located at 343 Payne Drive on Prince Field. Electronic filing will be available on the premises. If you are in need of this free service, call the senior center at 305-805-5160 to schedule your appointment

•**“Hiatal Hernia & Gurd: What are your options” -- On February 13th at 12:15 p.m.,** As part of their monthly lecture series for local residents, Mt. Sinai will sponsor a program on Hiatal Hernias and Gurd with Dr. Fernando Safdie. Dr. Safdie earned his medical degree from the University of Buenos Aires, where he graduated Summa Cum Laude. Dr. Safdie completed his cardiothoracic fellowship at the University of Pittsburgh. He is also a diplomate of the American Board of Surgery and the American Board of Thoracic Surgery.

Miami-Dade Public Library System's TECHNOBUS The library's mobile technology innovation lab will visit the senior center **on February 12th from 10:00–11:30 a.m.** The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.

•**“Miami Springs Library Happenings”** Assistant Branch Manager, Danielle Zuniga, of the Miami Springs Branch Library, will present information about upcoming library services and events on **February 19th at 12:15 p.m.**

FREE Blood Pressure Screening Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center on **February 25th, 10-11:30am**

•**“Crime Watch” Program”** Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **February 26th at 12:15 p.m.** at the senior center. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.

•**“Heart Health for Seniors”-- On February 27th,** WellMed will present a talk on Heart Health with Dr. Mario Siervo, Medical Director for PCPMG Centers. Dr. Mario Siervo, MD is a family medicine specialist in Miami, FL and has been practicing for 12 years. He graduated from Med U of Guadalajara in 2003 and specializes in family medicine.

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talent please contact us @ (305) 805-5160.



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| Leonor T | 1 |
| Elvira G..... | 3 |
| Rosa R..... | 4 |
| Olga M..... | 4 |
| Augustin L..... | 6 |
| Jorge C..... | 6 |
| Elizabeth K..... | 7 |
| Caridad O..... | 9 |
| Maria C..... | 9 |
| Marietta M..... | 13 |
| Maria P..... | 13 |
| Pilar M..... | 15 |
| Kathleen S..... | 16 |
| Daly P..... | 17 |
| Maria R..... | 18 |
| Francisco del G..... | 20 |
| Antonia Q..... | 23 |

HAPPY ANNIVERSARY

Frank & Bozena L.
Walter & Denise G.



Monday, 2/4
Monday, 2/11
(sponsored by Humana)
Wednesday, 2/18
Monday, 2/25

FIELD TRIPS



Trips are limited to 18 participants.
Sign up at the front desk!

FAIRCHILD GARDEN
Wednesday, 2/6 1:30pm – 5pm

SHOPPING at WALMART
Thursday, 2/7 1pm - 4:30 p.m.

SHOPPING at SABOR
Friday, 2/15 1pm -- 4:30 p.m.

SHOPPING at Fresco Y Mas
Thursday, 2/21 1pm -- 4:30 p.m.

SHOPPING at Publix
Thursday, 2/28 1pm-4:30pm

**HAPPY
VALENTINE'S
DAY!**



